

having a thickness from 3Å to less than 10Å, wherein said magnetic layers are antiferromagnetically coupled to one another across said interlayer.

2-9. (Canceled).

10. (New) The magnetic recording medium according to Claim 1 wherein the underlayer is made of Cr or a Cr alloy.

11. (New) The magnetic recording medium according to Claim 1 wherein a seed layer made of a material having a B2 crystal structure is formed on the non-ferromagnetic substrate, and the magnetic recording film is formed on the seed layer with the underlayer interposed therebetween.

12. (New) The magnetic recording medium according to claim 11, wherein the material for the seed layer having the B2 structure is one member selected from the group consisting of NiAl, NiAlRu, NiAlNd, NiAlCr, NiAlPt and NiAlPd.

13. (New) The magnetic recording medium according to Claim 1 wherein the magnetic layers are made of a CoCrPt alloy or a CoCrTaPt alloy.

14. (New) The magnetic recording medium of claim 1 wherein said magnetic layers have a thickness on the order of about 110 angstroms.

15. (New) Magnetic recording medium of claim 1 wherein said interlayer increases the signal to noise ratio of said medium compared to the signal to noise ratio if said medium lacked said interlayer.
16. (New) A hard magnetic disk drive comprising the magnetic recording medium of claim 1.
17. (New) Magnetic recording medium comprising:
- a non-ferromagnetic substrate;
 - an underlayer formed over said substrate;
 - a lower ferromagnetic metallic layer comprising Co formed over said underlayer;
 - an interlayer comprising Ru formed over said lower ferromagnetic metallic layer, said interlayer having a thickness from 3Å to less than 10Å; and
 - an upper ferromagnetic metallic layer comprising Co formed over said interlayer,
- wherein said interlayer causes an antiferromagnetic exchange field H_{ex} exerted by the upper ferromagnetic metallic layer on the lower ferromagnetic metallic layer.
18. (New) Structure of claim 17 wherein said substrate comprises an aluminum alloy or glass.
19. (New) Structure of claim 17 wherein said substrate comprises an aluminum alloy covered with NiP and said underlayer comprises CrMo.

20. (New) Structure of claim 17 wherein said alloy comprises at least one material selected from the group consisting of Ta, Mo, W, Nb, V, Zr, B and Ti.
21. (New) A hard magnetic disk drive comprising the magnetic recording medium of claim 17.
22. (New) Magnetic recording medium comprising:
- a non-ferromagnetic substrate;
 - an underlayer formed over said substrate;
 - a lower ferromagnetic metallic layer comprising Co formed over said underlayer;
 - an interlayer comprising Ru formed over said lower ferromagnetic metallic layer, said interlayer having a thickness from 3\AA to less than 10\AA ; and
 - an upper ferromagnetic metallic layer comprising Co formed over said interlayer,
- wherein said interlayer causes an antiferromagnetic interface exchange energy density J_{ex} .
23. (New) A hard magnetic disk drive comprising the magnetic recording medium of claim 22.